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# NEP

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Nutrition Education Program

# VEGETABLES



**Utah State**  
UNIVERSITY  
EXTENSION

Department of  
Workforce Services





## VEGETABLES

Vegetables grow in great variety, from asparagus to zucchini. How drab our diets would be without the color, crispness, texture, and flavor of vegetables. They are usually abundant year round in many forms--fresh, frozen, canned, and dried.

### Things to Know

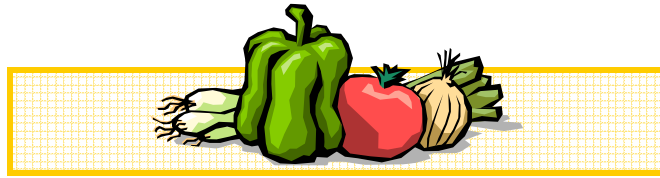
- ◆ Vegetables are high in vitamins and minerals, low in fat and calories and a good source of fiber in your diet.
- ◆ You should have at least 3 servings daily from the vegetable group in the Food Guide Pyramid.
- ◆ One vegetable serving is:
  - 1 cup raw leafy vegetables
  - $\frac{1}{2}$  cup chopped vegetables, cooked or raw
  - $\frac{3}{4}$  cup vegetable juice
- ◆ Most vegetables or their juices can be included in the diet daily. Some prepared vegetable dishes such as coleslaw, french fries, potato chips, or potato salad should be eaten only occasionally because of the added fat.

### Shopping Skills

To save money when buying vegetables:

- ◆ Select from local farmers' markets or stands.
- ◆ Compare the cost of canned and frozen vegetables. Canned are usually cheaper but frozen may have the quality you want.
- ◆ Select inexpensive vegetables such as cabbage, potatoes, and root vegetables (carrots, turnips, parsnips, beets, etc.).

Winter	Spring	Summer	Fall
Carrots Mushrooms Peas Cauliflower Potatoes Turnips Parsnips Winter Squash Rutabagas	Carrots Mushrooms Peas Lettuce Cabbage Potatoes Asparagus Summer Squash Tomatoes	Carrots Lettuce Broccoli Potatoes Corn Greens Green Beans Summer Squash Sweet Potatoes	Carrots Broccoli Cauliflower Cabbage Potatoes Summer Squash Sweet Potatoes Eggplant Turnips Rutabagas

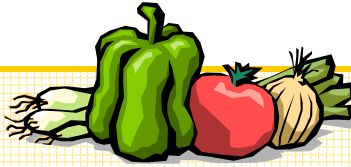


### **Preparation Skills**

- ◆ Always wash vegetables before peeling or eating.
- ◆ When cooking vegetables:
  - Use a small amount of water to save nutrients.
  - Have water boiling before you add vegetables
  - Cook rapidly and as near serving time as possible to have the best color.
- ◆ Use the cooking liquid in soups or stews. The cooking liquid contains vitamins and minerals that have been dissolved from the vegetables.

### **Storage**

- ◆ Store vegetables properly to avoid waste. Fresh vegetables should be kept in a cool, dry place.
- ◆ Most whole produce keeps one to two weeks if stored in perforated bags in the refrigerator crisper drawer where humidity is highest.
- ◆ Be sure to drain lettuce, celery, and other leafy greens thoroughly after washing because too much moisture can hasten decay.
- ◆ Potatoes and tomatoes are two common exceptions to vegetables that should be refrigerated. Tomatoes taste best if stored at room temperature. Potatoes store best in a cool, dry, dark place. If potatoes are kept in the refrigerator they develop a sweet taste due to the starches being converted into sugar. They are sticky when cut and take longer to cook.
- ◆ Throw away vegetables that have been stored too long, smell bad, and are moldy or slimy.
- ◆ Home or commercially frozen vegetables should maintain high quality for at least eight months. Store in air tight bags or containers.



## Mexican Vegetables

### Ingredients:

1 onion, chopped	$\frac{1}{4}$ tsp. garlic powder
1 Tbsp. margarine, softened	$\frac{1}{4}$ tsp. chili powder
1 zucchini, sliced in $\frac{1}{4}$ " pieces	dash of red pepper
$1\frac{1}{2}$ cups corn	salt and pepper
16 oz. can tomatoes, drained and chopped	

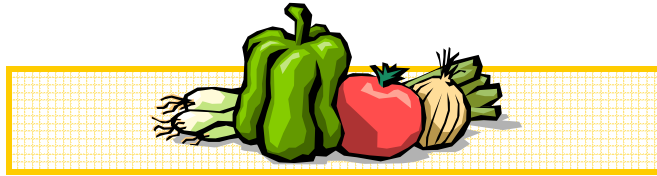
### Directions:

Sauté onion with margarine in a medium sauce pan. Add zucchini, corn, tomatoes, chili powder, garlic powder, and red pepper. Add salt and pepper to taste. Cover and cook over low heat for 15 minutes.

Yield: 6 servings

### Mixed Vegetables Nutrition Facts

Serving Size		1/2 cup	
Servings Per Container		6	
Amount per serving			
Calories	78	Calories from Fat	23
% Daily Value			
Total Fat	13g		4%
Saturated Fat	5g		2%
Cholesterol	30 mg		0%
Sodium	660 mg		12%
Total Carbohydrate	5g		5%
Dietary Fiber	0g		8%
Sugars	5g		
Protein	5g		
Vitamin A	14%	Vitamin C	30%
Calcium	3%	Iron	5%



## Hearty Potato Casserole

### Ingredients:

1 lb. ground beef

3/4 cup water

6 potatoes, peeled and thinly sliced

1 cup frozen peas and carrots

1/2 cup plus 1 Tbsp. Basic Sauce Mix

### Directions:

Brown beef; drain fat. Add remaining ingredients. Simmer covered for 20-30 minutes or until potatoes are tender. Uncover, stir and cook uncovered until excess water is evaporated.

Yield: 8 servings

Hearty Potato Casserole Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		8	
Amount per serving			
Calories 331		Calories from Fat 100	
		% Daily Value	
Total Fat	13g		17%
Saturated Fat	5g		21%
Cholesterol	30 mg		15%
Sodium	660 mg		4%
Total Carbohydrate	5g		13%
Dietary Fiber	0g		15%
Sugars	5g		
Protein	5g		
Vitamin A	24%	Vitamin C	60%
Calcium	18%	Iron	35%



## Stuffed Green Peppers

### Ingredients:

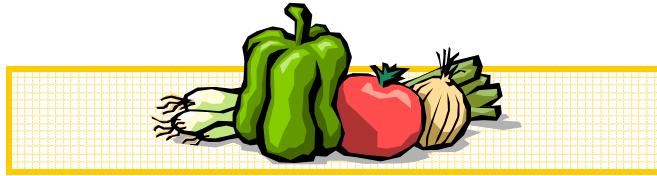
1 lb. ground beef	4 large green peppers
4 cups cooked rice	1 (8 oz.) can tomato sauce
1 can cream of mushroom soup	2 cups grated cheese
1 tsp. salt	1 tsp. pepper

### Directions:

Cook rice and drain. Brown hamburger with salt and pepper. Drain well. Slice peppers in half and clean. Place in boiling water and cook until tender. Drain well. Combine hamburger, rice, tomato sauce, and soup; mix well. Place peppers in a single layer in bottom of cooking dish. Fill peppers with rice mix. Cover with grated cheese. Bake at 350 degrees until cheese is melted. If heating after refrigeration: place in oven at 250 degrees for 40-45 minutes and then add grated cheese. Continue to heat until cheese is melted.

Yield: 8 half-pepper servings

Stuffed Green Peppers Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		8	
Amount per serving			
Calories	422	Calories from Fat	218
		% Daily Value	
Total Fat	13g		37%
Saturated Fat	5g		57%
Cholesterol	30 mg		24%
Sodium	660 mg		53%
Total Carbohydrate	5g		10%
Dietary Fiber	0g		6%
Sugars	5g		
Protein	5g		
Vitamin A	16%	Vitamin C	86%
Calcium	23%	Iron	17%



## Steamed Carrots Microwave

### Ingredients:

2 cups shredded carrots

2 Tbsp. butter

### Directions:

Place shredded carrots in 9" round baking dish. Dot with butter. Cover with plastic wrap. Microwave on high for 4-6 minutes. Stir once after butter melts and again just before serving.

Steamed Carrots Nutrition Facts			
Serving Size		1/2 cup	
Servings Per Container		4	
Amount per serving			
Calories 84		Calories from Fat	53
			% Daily Value
Total Fat	13g		9%
Saturated Fat	5g		19%
Cholesterol	30 mg		5%
Sodium	660 mg		4%
Total Carbohydrate	5g		3%
Dietary Fiber	0g		6%
Sugars	5g		
Protein	5g		
Vitamin A	360%	Vitamin C	3%
Calcium	2%	Iron	3%